BIOGENA

ESSENTIALS

7 Salt Magnesium Complex

For your optimal magnesium supply – 7 different sources



PRODUCT DESCRIPTION

This smart magnesium formula combines 7 organic and inorganic compounds with different solubility profiles. The magnesium complex supports muscles, nerves, mood, and energy metabolism, helps reduce fatigue, and contributes to healthy bones and teeth as well as a balanced electrolyte level. Take 2 capsules daily – for your magnesium power!

The advantages of each compound

Magnesium malate: Magnesium meets malic acid – a component that occurs naturally in your energy metabolism. Highly soluble – a modern form with efficient availability.

Magnesium bisglycinate: Gentle in its effect, strong in its compound: magnesium and the amino acid glycine form a so-called chelate – popular due to its special structure. This can also be absorbed in the body via transport routes that are otherwise reserved for amino acids or small peptides.

Magnesium citrate: Dissolves easily, adapts – this organic, water-soluble compound of magnesium and citric acid makes it easy for you. Just right for everyday use.

Magnesium oxide: No frills, lots of substance: this inorganic form provides a particularly high amount of magnesium – compact and direct.

Magnesium glycerophosphate: Flexible in use, highly soluble – ideal for liquid and solid formulations. Adapts to your supplement routine.

Magnesium gluconate: Magnesium combined with gluconic acid, from the fruit acid group – water-soluble, practical, versatile. A real all-rounder.

Magnesium carbonate: A proven, stable source of magnesium – long used in supplements. Reliable day after day.

- With 7 pure and highly available magnesium compounds – a smart complex for optimal magnesium supply
- For muscles, nerves, and energy* – supports normal energy metabolism
- Premium quality – free from unnecessary additives, 100% vegan
- Future-ready packaging – in an innovative eco-friendly can made from renewable materials
- Easy & practical – take 2 x 1 capsule daily with plenty of water, outside

POSSIBLE USES

- Perfect for meeting your daily magnesium needs.
- Balances losses caused by physical effort and sweating during exercise.
- *Magnesium supports normal muscle function and contributes to electrolyte balance.
- *It supports normal nervous system function and promotes healthy mental well-being.
- *Helps reduce tiredness and fatigue and supports normal energy metabolism.
- Magnesium contributes to maintaining healthy bones and teeth.

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, biogena.com

Infoline Austria toll-free: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: biogena.com

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INGREDIENTS	PER CAPSULE	PER DAILY DOSE (2 CAPSULES)	% NRV *
Magnesium	140 mg	280 mg	75

* % of the reference quantity according to EU Regulation 1169/2011.

INGREDIENTS

Magnesium malate, magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, magnesium glycerophosphate, magnesium gluconate, magnesium carbonate.

RECOMMENDED INTAKE

2 x 1 capsule daily taken outside mealtimes with plenty of liquid.

PACK SIZE

60 capsules (1 month supply), 46 g
180 capsules (3 month supply), 138 g
4 × 138 g = 552 g (4 × 180 capsules)

DESCRIPTION

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle.

STORAGE INSTRUCTIONS

Keep out of the reach of children.

Store in a dark, dry place at room temperature. Protect from heat.

NOTES

High doses of magnesium can lead to diarrhoea. For this reason, when taking higher amounts, it is recommended that these are distributed over the course of the day.

The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors.

Not an organic product according to VO (EU) 2018/848.

Suitable for diabetics.

QUALITY SEAL

Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA.

Biogena GmbH & Co KG
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Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

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